

# Chandler takes command of Alaskan forces

## Top military official in state assumes new duties Monday

By Maj. Brenda Campbell  
ALCOM Public Affairs

Lt. Gen. Howie Chandler took command of Alaskan Command from Lt. Gen. Norty Schwartz during a ceremony at 10 a.m. Monday in Hangar 3.

Chandler became the senior military officer for more than 21,000 soldiers, sailors, airmen, Marines and Coast Guardsmen in Alaska.

Schwartz heads to the Department of Defense Headquarters to assume the position of director for operations, J-3, Joint Staff, Washington, D.C.

As ALCOM commander, Chandler is responsible for commanding, controlling and coordinating joint and combined operations as a subordinate unified command in Alaska or as a deployed joint task force headquarters. ALCOM is a subordinate unified command of the U.S. Pacific Command.

In addition to his duties as commander of ALCOM, Chandler also assumes command of the Alaskan North American Aerospace Defense Region; and the 11th Air Force (Elmendorf and Eielson), part of Pacific Air Forces.

Before coming to Alaska, Chandler was the director of aerospace



STAFF SGT. ADRIAN CADIZ

**Lt. Gen. Howie Chandler took command of Alaskan Command, Alaskan North American Aerospace Defense Region and 11th Air Force in a ceremony here Monday.**

operations, Headquarters Air Combat Command, Langley Air Force Base, Va. In this position, he directed the operational planning, training, and command and control functions to

deploy and employ active-duty and Reserve component combat air forces in support of U.S. security objectives.

He is a command pilot with more

than 3,600 flying hours in T-38, F-15 and F-16 aircraft.

He received his commission in 1974 through the U.S. Air Force Academy.

# Schwartz farewell

## *To the men and women of the Armed Forces in Alaska:*

Suzie and I came to Alaska two years ago with great expectations given the testimonials of those who preceded us. We found majestic beauty, supportive communities and some of the most committed troops in our military. Whether it is training missions, homeland defense actions or deployment operations, your dedication to complete our various missions leads the way for others to follow.

In a year that has seen such tragedy, we have also witnessed your loyalty to uphold American ideals. We have asked a lot from you professionally and even more from your families. You have stepped up to every challenge and surpassed all expectations. For that, I thank you. Your sacrifices have not gone unnoticed.

Also significant is everyone's involvement in your respective communities. I am extremely grateful you have chosen to volunteer time in

the schools, in service organizations and on the athletic fields, just to name a few. It is important we continue to be good neighbors and make a difference in the local communities – our communities.

As Suzie and I move on to other duties, we will sorely miss the opportunities we had here to serve, to enjoy, to lead, to partner, to guide and to learn. We ask that you continue to fulfill your missions as we turn the reigns over to Lt. Gen. Howie Chandler, a respected leader, and his wonderful wife Eva-Marie.

It has been an honor and privilege to lead the men and women of the armed forces in Alaska – soldiers, airmen, Marines, sailors, Coast Guardsman and civilians alike. Your love of country and commitment to duty are inspiring.

-- Lt. Gen. Norty and Mrs. Suzie Schwartz



STAFF SGT. ADRIAN CADIZ

# CFC: Contributing is what counts

By Col. Dutch Remkes  
3rd Wing commander

I was surprised to learn the U.S. Air Force generates more money for charities during the Combined Federal Campaign than any of our nation’s other armed services.

I was even more surprised, if not disappointed, when I discovered the Air Force has the lowest number of contributors.

Let me explain why this comes as such a shock to me. We are the world’s best Air Force because when we stand together—as one fighting force—we can defeat any enemy. Every sortie generated from Elmendorf’s flightline involves an enormous amount of people and resources to ensure its success.

Whether it’s for the security of our aircraft, the safety of our work environment, the peak operation of our weapons systems or the increase in our savings accounts twice a month, our successes are the results of a *combined* team effort.

When it comes to CFC, the Army takes it a step further than we do.

Last year only 23 percent of the Air Force family gave to a charity through the CFC, while, nearly half the Army’s people contributed something to a CFC charity. The Army sent a strong message with that successful campaign although they collected less money than the Air Force, they’re unified for a single cause. Almost every member of the Army wants to lend his or her support



STAFF SGT. ADRIAN CADIZ

**Senior Airman Twanda Taylor, 3rd Wing Command Section Combined Federal Campaign keyworker, goes over a CFC form with Col. Dutch Remkes, 3rd Wing commander. The CFC kicked off on Monday and runs through Nov. 8.**

when someone in need seeks help. This year, I want Elmendorf to send the same message to our community, to our nation and to the families and communities who need our help. With that in mind, I want

each of you to take a close look at what organizations need our help; find a charity that’s important to you and decide what level of commitment you want to make then commit. Ultimately, it’s not how much you

contribute that’s important — it’s being a contributor. It’s time to unify. Don’t wait for your CFC representative to come to you; seek him or her out and encourage your peers to do the same.

# Base on alert for potential pike invasion

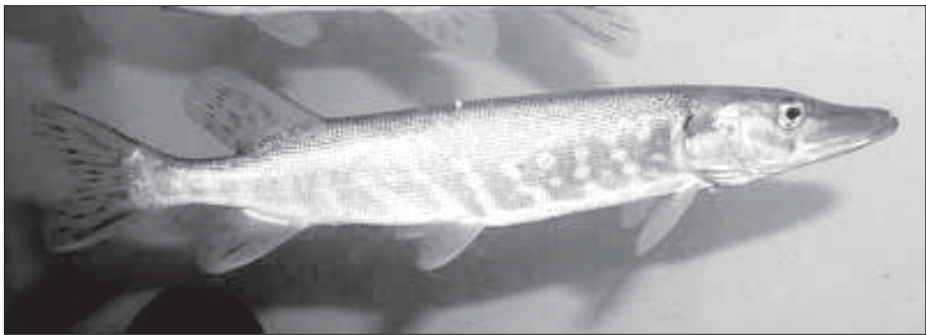
By Doris Thomas  
3rd Wing Public Affairs

Fishermen on Elmendorf are asked to be on the lookout for northern pike in the base lakes, especially Green Lake. A pike was reportedly caught at the lake earlier this year, and while the base natural resources office doesn’t have a carcass to prove it, they are concerned our lakes have been or could be invaded by the tenacious breed. Non-native pike have already infested several Anchorage and Matanuska-Susitna Valley lakes.

Pike, which are native to parts of northern and western Alaska but not to the Southcentral Alaska region, have apparently been transplanted by misguided fishermen who like to catch the feisty fish. The problem with pike is that they have voracious appetites and are particularly predatory to natural and stocked salmon and trout populations. According to Alaska Department of Fish and Game, pike can change the entire makeup of the fish species in the waterways and ecosystems they invade.

Base biologist Herman Griese said he is concerned that there may be people who are out there planting pike. “Pike can pretty much devastate the trout population in a very short time,” Griese said, noting that an infestation of pike could put a halt to ADF&G stocking Green Lake or other infested lakes. “It’s fruitless to put trout in the lake just to feed the pike.”

Griese said pike have been caught by commercial fisherman in the waters



COURTESY OF THE ALASKA DEPARTMENT OF FISH AND GAME

of Cook Inlet, which demonstrates their ability to move between fresh water systems via salt water. According to a Fish and Game website called “The Pike Page,” <http://www.sf.adfg.state.ak.us/region2/areas/anch/html/pikepage.stm>, a pike can survive in the right conditions up to 13 hours out of the water. Because they tolerate low-oxygen waters, pike could overwinter in Green Lake, Griese noted.

The base natural resources staff attempted to net northern pike from Green Lake on Aug. 27, but none were caught. The lack of pike in the nets did not confirm the absence of pike; however, neither did it dispel concerns there may be a breeding population in the lake. More netting will be accomplished next spring, Griese said.

For those who would like to personally help verify the presence of pike on base, it is “open fishing season” on pike. Although there are bag limits on pike in some parts of the state, there are none here. The “Pike Page” web site encourages fishermen to join the “Pike Police,” have pike-fishing parties and catch and keep all the pike they want. Griese would

appreciate anyone catching a pike on base to bring it by the wildlife museum. Pike sightings can also be reported to him at 552-2436.

All that’s required to go pike fishing on base is an Alaska fishing license and a base permit available at the wildlife museum or the outdoor recreation office. Along with the permit, anglers will get instructions on where they can fish. Fishing on base is by hook and line only; fishing for pike with spears, bows and arrows and crossbows is legal in other parts of the state, but not here.

ADF&G’s Wildlife web site section on pike notes that pike can be caught with medium action spinning, bait casting or fly fishing gear. “A wire

leader is a must when doing battle with these sharp-toothed monsters,” it says.

The *Anchorage Daily News* recently ran an article by Ken Marsh recommending everything from pork rinds to herring or soft plastic night crawlers as bait. The article pointed out the importance of a sturdy fishing rod, sharp hooks and needle-nosed pliers to remove hooks from the fish’s bony mouth. The article included a comment by Marsh that should serve as a warning to all fishermen, especially those who would consider transplanting pike into their favorite fishing hole.

Marsh was speaking of the Nancy Lake canoe system in the Matanuska Valley that once had excellent fishing for native rainbow trout. Marsh said “...the illegal introduction of northern pike into the Susitna River drainage more than 50 years ago changed all that. In recent decades, pike have made their way into the lakes through the streams that connect them. Today, a leaping trout [in that system] is a rare sight indeed in most area lakes and in many, little more than a fading memory.”



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# Fire Prevention Week: Base teams up for safety

By 2nd Lt. Elizabeth Paul  
3rd Wing Public Affairs

Sunday through Oct. 12 is Fire Prevention Week. The week commemorates the Great Chicago Fire of 1871, which killed more than 250 people, left 100,000 homeless and destroyed more than 17,400 buildings.

In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation, and since 1922, National Fire Prevention Week has been observed on the Sunday-through-Saturday period in which Oct. 9 falls.

The nonprofit National Fire Protection Association has been the official sponsor of Fire Prevention Week for 80 years. The 2002 Fire Prevention Week theme, “Team Up for Fire Safety,” motivates children

and families to work together to conduct a home hazard hunt, develop and practice a home fire escape plan, and install and test smoke alarms. The NFPA dedicates “Team Up for Fire Safety” to the hundreds of firefighters who so valiantly gave their lives to save others in 2001, especially on Sept. 11.

According to the NFPA, fires kill 3,500 to 4,000 people in the United States each year and 80 to 85 percent of all fire deaths occur in the home. Taking simple safety precautions, such as identifying and removing everyday home fire hazards, can help prevent the majority of home fires and home-fire deaths. Proper installation, testing, and maintenance of smoke alarms are part of a system of fire protection.

Developing a home fire escape

plan, with two ways out of each room and an outside meeting place, and practicing it twice a year with every member of the household is critical to escaping a fire safely.

The fire department at Elmendorf is committed to the safety of life and property from devastating effects of fire. The members of the fire department are joined by others on base, as well as other emergency service providers, safety advocates, businesses, schools, service clubs, and organizations in their fire safety efforts.

Members of Elmendorf are encouraged to “Team Up for Fire Safety” by participating in fire-prevention activities at home, work, and school, and taking steps needed to make their homes and families safe from fire.

## Activities schedule

- Official start of fire prevention week, Sunday at 8 a.m.
- Lectures and demonstrations Monday through Friday from 10 a.m. to 4 p.m.
- Telephone theme calls Tuesday through Friday from 3 to 4 p.m.
- Open House at Station #1 on Saturday from 11 a.m. to 3 p.m.
- Parade of fire department vehicles from the Joint Military Mall to Fire Station #1 on Saturday at 11 a.m. Free hot dogs and sodas will be served. For more information call the Fire Prevention Office at 552-2620.

# Base offers mental health screenings Thursday

By Capt. Christopher Cline  
Life Skills Support Center

National Depression Screening Day is on Thursday. The Life Skills Support Center will offer free, anonymous mental health screenings that will cover depression, manic-depression, generalized anxiety disorder and post-traumatic stress disorder to better help residents figure out what may be wrong and where they should go for help. The screenings will be held at the 3rd Medical Group Hospital from 7:30 -11:30 a.m. and at the base exchange from 1-5 p.m.

Attendees will have the opportunity to fill out a screening test and talk one-on-one with a mental health professional. Those who appear to need further evaluation will be given referrals to local

treatment services.

About 70 percent of people with depression also have anxiety symptoms. Post-traumatic stress disorder is often accompanied by depression. Manic-depression (bipolar disorder) is often misdiagnosed as unipolar depression.

Depression, an extremely common mental illness, affecting 17-20 million Americans, has symptoms which include feelings of sadness and hopelessness, loss of pleasure in usual activities, changes in sleep and appetite, vague aches and pains, and thoughts of death or suicide.

Manic-depression symptoms include depression symptoms, but are accompanied by mood swings, high and low. Perilous lapses in judgment are

common, as is decreased need for sleep, rapid speech, abuse of drugs or alcohol, and sometimes hallucinations.

Generalized anxiety disorder is characterized by excessive worry over everyday things and can be very hard to spot. GAD is often accompanied by physical symptoms such as nausea and sweating. The intensity and constancy of the anxiety interferes with daily functioning.

Post-traumatic stress disorder is experienced in the aftermath of a trauma. It often involves recurrent dreams of the traumatic event, outbursts of anger, inability to sleep, attempts to avoid anything that reminds the person of the trauma and a general numbness or detachment.

# Arctic Life

Great living in the great land



## Early diagnosis key to survival

Early diagnosis is the key to surviving breast cancer. Breast cancer is the leading cancer diagnosed in women in America and is the second leading cause of cancer death in women, after lung cancer. Mammography (an x-ray picture of the breast) is the single most effective method to detect breast changes that may be cancer.

Mammography followed by appropriate treatment can prevent thousands of breast cancer deaths each year. All women aged 40 and over should get a mammogram and clinical breast exam every year. Women at a particularly high risk should talk with their health care providers about frequent screening and screening earlier. Screening should continue throughout a woman's life time.

The widespread use of screening mammography has increased the number of breast cancers found before they cause any symptoms.

For early stage breast cancer, there are more treatment options, treatment can be less disfiguring and less toxic, and survival is improved.

We know that about 192,200 women in the United States were found to have invasive breast cancer in 2001. About 39,600 women will die from the disease.

American Cancer Society Guidelines for the Early Detection of Breast Cancer include:

**Mammogram:** Yearly for women 40 and over.

**Clinical breast exam:** Between the ages of 20 and 39, women should have a clinical breast exam every three years. After 40, women should have a breast exam by a health professional every year. The CBE should be done before or close to the mammogram.

**Breast self-examination:** All women aged 20 and over should do BSE every month.

Medicare, Medicaid, and most private health plans cover all or part of the cost of this test.

## Calendar of Events

■ Information fair/booth -- Breast cancer facts and displays will be set up in the Joint Military Mall throughout October.

■ Self-referral mammograms – Eligible women will be able to sign up for a mammogram on a first comes first served basis at the Information Fair at the Joint Military Mall throughout the month.

■ Memory walk – A 5K fun run/walk to remember those affected by breast cancer on Oct. 25 at noon, at the Health and Wellness Center. No registration is required. Dress for the weather.

■ National Mammography Day – Oct. 18.

■ Stories of triumph – Hear personal stories of local breast cancer survivors on Oct. 30 at 2-4 p.m. in the 3rd Medical Group's cafeteria. A reception will follow. No registration is required.

For information on events call Lt. Col. Janice Wilmot from the Women's Health Clinic at 580-1306.

Breast cancer testing is available to women without health insurance for free or at very little cost through a special program called the National Breast and Cervical Cancer Early Detection Program. Your state's Department of Health will have information about the program.

The most common sign of breast cancer is a new lump or mass. A lump that is painless, hard, and has uneven edges is more likely to be cancer. But some rare cancers are tender, soft, and rounded. So it's important to have anything unusual checked by your doctor.

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## MPF corner

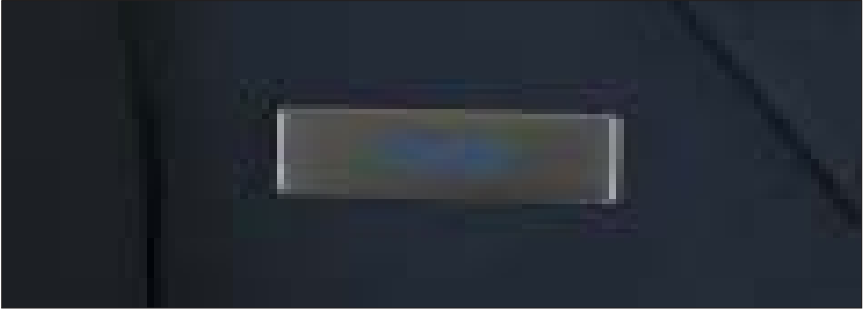
■ The Air Force senior leader management office is soliciting enlisted aides. Enthusiastic applicants with culinary skills are needed to fill the following openings:

Aviano Air Base, Italy - reporting Oct. 31, Osan Air Base, Korea - reporting Oct. 31, Eglin Air Force Base, Fla. - reporting Oct. 31, F.E. Warren Air Force Base Wyo.- reporting Oct. 31, Edwards Air Force Base Calif.- reporting Nov. 30, Peterson Air Force Base

Colo.- reporting Dec. 31

For more information about enlisted aide duty and how to apply, visit [WWW.DP.HQ.AF.MIL/AFGOMO/INDEX.HTM](http://WWW.DP.HQ.AF.MIL/AFGOMO/INDEX.HTM).

■ Air Force Personnel Center is looking for officer volunteers to fill UN observer missions in Western Sahara, Ethiopia/Eritrea, Kosovo and the Republic of Georgia for the January-July 2003 rotation. The POC is Senior Master Sgt. Dale Mills at [Dale.Mills@Randolph.AF.Mil](mailto:Dale.Mills@Randolph.AF.Mil) or call the Military Personnel Flight at 552-2276.



TECH. SGT. JAMES RUSH

**Air Force Chief of Staff Gen. John P. Jumper and other senior leaders selected a new nametag for the service dress uniform at the 2002 Corona Top conference in Colorado Springs, Colo. Air Force officials decided last year that a nametag was needed on the service dress uniform.**

## Back: service dress nametag

WASHINGTON (AFPN) — The Air Force's service dress uniform welcomed back an old friend Oct. 1: the nametag.

Air Force Chief of Staff Gen. John P. Jumper and other senior leaders selected a new nametag for the uniform at the 2002 Corona Top conference in Colorado Springs, Colo.

The new service dress nametag has a brushed satin finish and blue letters. It is slightly larger and heavier than the blue plastic nametag worn on the blue shirt and

medical white uniform. It will only feature the wearer's last name and will only be worn on the service dress, on the right side parallel to the ribbons and medals.

Air Force officials decided last year that a nametag was needed on the service dress uniform. Several proposals were reviewed and feedback was gathered from several wear-tests.

The new nametags will be available in Army and Air Force Exchange Service military clothing sales stores at a future date.

## Two airmen get article 15s for alcohol

The 3rd Wing Staff Judge Advocate closed out the following article 15s for the week of Sept. 23-27.

An airman first class from the 19th Fighter Squadron was apprehended for driving drunk after he attempted to drive through the Government Hill gate. For his misconduct, he received Article 15 punishment in the form of a suspended reduction to airman, forfeiture of \$619 pay per month for two months, 45 days extra

duty, and 45 days restriction to the base.

An airman first class from the 3rd Component Repair Squadron was apprehended for driving drunk after he was stopped for backing up on Fighter Drive and parking in a loading zone. For his misconduct, he received Article 15 punishment in the form of a reduction to the grade of airman, and forfeiture of \$100 pay per month for two months.